

ANNUAL GENERAL

Assembly

"GLORIOUS LIBERTY OF THE CHILDREN OF GOD"
Romans 8:21

SUNDAY, JULY 16, 2023
TUESDAY, JULY 25, 2023

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The Official Organ

THE CHURCH OF THE LIVING GOD,
THE PILLAR AND GROUND OF
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FROM THE DESK OF THE CHIEF OVERSEER

2023! The year of the Glorious Liberty of the children of God!

"Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God," (Romans 8:21)!

God's "...yet a very little while..." (Isaiah 10:25) has ended and the children of God and the adopted through Jesus Christ have been spared His indignation and have (cont. on p.2)

Soul Ties

by Deaconess Christal Ward

Galatians 5:1 Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

Do you feel that you are having a hard time cutting off a relationship that you know is not of God? Lust is a feeling and thought process that can lead us astray from our God's ordained purpose in life. When we allow lust to guide our behaviors it can be used as a tool for the enemy to blind us from seeing a relationship for what it really is. It can also prevent our ability to understand our true value as believers and followers of Jesus Christ. We also can develop unhealthy attachments that are hard to break and lead us down a path of confusion and pain. Soul-ties are covenant bonds that are created within the spiritual realm that connect you to another person. (cont. on p.2)

SPIRITUAL MINDS, HEALTHY BODIES

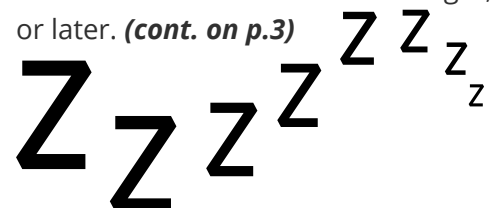
by Dr. Jamande Jones

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. - 3 John 2

GO TO SLEEP!

Psalm 1:1-2; Psalm 127:2

Adequate sleep is important for growth and development, reinforcement and consolidation of memory, and body temperature control. 1 A common complaint that parents of children who I see in clinic have is that their children can not go to sleep. They tell me that they have tried so many different remedies, however their child continues to stay awake into the middle of the night, or later. (cont. on p.3)



From the Desk of the Chief Overseer
(cont. from p.1)

come into the year of His glorious liberty unscathed—tried, yes, but unscathed! Paul's letter to the Romans declares "For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope," and "...we are saved by hope," (Romans 10:20, 24).

As we eagerly anticipate our 12-day New Year's Celebration and Sacrifice (January 1-12, 2023), let us not grow weary in well doing (Galatians 6:9; 2 Thessalonians 3:13). Continue to be careful and watchful regarding the COVID viruses. Our hope is in the Lord Jesus, the Christ, for He gave Himself as sacrifice for us unto salvation (Titus 2:14).

Our 12-day study will come from the entire 8th chapter of Paul's letter to the Romans. Following is the tentative schedule: January 1, Romans 8:1-4, Bishop Luke D. Lewis; January 2, Romans 8:5-7, Bishop Earlie M. Hardwick; January 3, Romans 8:8-11, Bishop Milton Byrd; January 4, Romans 8:12-15, Bishop Gloria Lockhart; January 5, Romans 8:16-18, Bishop Mary Bankston; January 6, Romans 8:19-21, Bishop Toni Jones ; January 7, Romans 8:22-23, Bishop Marguerite Redding; January 8, Romans 8:24-26, Bishop George Lockhart; January 9, Romans 8:27-29, Elder Veary Gillings; January 10, Romans 8:30-33, Elder Mary Magee; January 11, Romans 8:34-36, Elder Christopher Satchel; January 12, Romans 8:37-39, Elder Samuel Furlow. ♦

Soul Ties (cont. from p.1)



1 Corinthians 6:16 cites that if we join ourselves to a sexually immoral person, we have now become one flesh with them. In the bible, we note that when the term one flesh is mentioned, it is often in the context of looking at husbands and wives who have been joined in the covenant of marriage as one person before God. Spiritually speaking, when we become sexually or emotionally intimate with another person outside of marriage, we have now opened ourselves up to being vulnerable to attaching ourselves spiritually with them. This attachment can be very hard to break, and unfortunately can keep us attached to relationships that were never meant for us in the first place. Here are a few questions that you should ask yourself to assess if your current romantic relationship is one that honors God.

- Would God be pleased with my behaviors and how I conduct myself within my romantic relationship with my partner before marriage?
- Are we equally yoked? Do we both have a relationship with Jesus Christ, and do we both

actively seek Him daily through prayer, reading scripture, and living a life that represents Christ?

- Are we being sexually abstinent? Do we honor God through our bodies by maintaining sexual purity before marriage?
- Do we seek out godly counsel and wisdom to help us be accountable for our behaviors in our relationship?
- Do you have friendships, accountability partners, pastors, mentors etc. that can provide wise counsel, and prayer for us as we seek God's heart in pursuing the relationship?
- Do I want a relationship with God, and His will for my relationship more, than the relationship itself?
- Is the relationship an idol for you? If God wanted you to end the relationship, would you be willing to or would it be hard to let it go?

If you answered no to any of the above questions, then I would really encourage you to reevaluate if the relationship that you are in is the one that God has for you. An ungodly soul-tie, once knitted, can be a very difficult attachment to break and can lead to a long journey of healing and recovery if it is not cut off.

When Jesus died, He conquered our defeat from all things on the cross.
(cont. on p.4)

(cont. from p.1)

SPIRITUAL MINDS, HEALTHY BODIES

by Dr. Jamande Jones

Go To Sleep

James 4:8. Psalm 24:4

Parents see the effects of sleep deprivation through their children's irritable behavior (at home and at school) and their declining grades. One of the most common factors that keep children awake at night is the use of portable electronic devices at bedtime. I confess, I am guilty of this as well. My cellular phone has been dropped on my face many nights when I am laying in the bed. This is a problem because it robs your brain of adequate time to process the events of the day while you are still awake, so your brain can properly continue to develop memory while asleep. It also robs your body of restorative sleep necessary for your body to function properly.



I challenge you (and myself) to put the phones and tablet computers down, turn off the television and video games at least 30 minutes before bedtime, and give your brain a much needed brake from the screen stimulus. Below are other recommendations for good sleep hygiene.

Childhood Sleep Requirements and Hygiene

Total sleep requirement by age

- 0-2 months - 12-18 hours
- 3-11 months - 14-15 hours
- 12-36 months - 12-14 hours
- 3-5 years - 11-13 hours
- 5-10 years - 10-11 hours
- 10-17 years - 8-9.25 hours

Suggested Adequate Sleep Hygiene in Children

MAINTAIN

- same bedtime and wake-up time, even on weekends
- daily physical activity, but avoid vigorous activity just before bedtime
- cool, dark, quiet, and comforting sleep environment conducive to sleep
- bright light exposure in mornings

AVOID

- naps (especially afternoon naps) if > 5 years old and having difficulty sleeping at night
- use of electronic devices or bright lights ≥ 30 minutes before habitual bedtime and during nighttime if nocturnal awakenings occur
- caffeine and heavy meals in evening

Parent should set appropriate behavioral limits on allowing children to leave their bed at bedtime or during night. We should all practice age-appropriate bedtime routines, no matter what our age and you will see the benefit of sleep in the long run. ♦

- Markov D, Goldman M. Normal sleep and circadian rhythms: neurobiologic mechanisms underlying sleep and wakefulness. *Psychiatr Clin North Am.* 2006 Dec;29(4):841-53; abstract vii
- Continuum (Minneapolis Minn) 2017 Aug;23(4, Sleep Neurology):1132
- Maski K, Owens JA. Insomnia, parasomnias, and narcolepsy in children: clinical features, diagnosis, and management. *Lancet Neurol.* 2016 Oct;15(11):1170-81

Soul Ties (cont. from p.2)

That means that we have all power through Jesus to overcome anything that tries to keep us in bondage. There is no power, stronghold, weapon, or demon that can stand in our way. We are completely free in Him to live in complete freedom from the bonds of sin, and the chains of death. If you are currently in a relationship that has caused an ungodly soul-tie there is hope.

Pray this prayer with me...

Father, I come to You humbly in the name of your Son Jesus to renounce any ungodly soul-tie that I have made outside of Your will. I repent from my sin and want to recommit myself to you. I want to honor you with my body, with my heart, and with my soul and spirit. Please sever the ties of my soul-tie with _____ and help me to look to you as my source for love and in all things. Heal my heart from any pain caused from this ungodly soul-tie in Jesus name. Amen.

Doing the work

Take a piece of paper. On it, write down the name of the person(s) that you have created an ungodly soul-tie(s) with. Renounce these soul-ties in prayer, and rip up the piece of paper. Meditate on the fact that Christ has torn up all of our sins through His death on the cross. Meditate on that freedom when reminded of that free when thoughts of that old soul-tie comes to mind. You are free indeed! ♦

LOCAL CHURCH FINANCES



by Bishop George Lockhart

Chief Financial Officer

Part Two: Church Accounting Procedures | Proper Bookkeeping

Understanding church finances is important to upholding the overall well-being of any church. When done correctly, Bands can use their finances to reach more people, make more Deacons, and have a greater impact on their communities. The pastor's ability to fulfill their mission is profoundly connected to how well they factor resources and manage their church's funds.

Broken down over four quarters we will examine ten simple church accounting practices that will help you learn the basics of how to manage church finances, while also promoting church growth.

1. Calculating Expenses

Initial steps for managing your church's finances is to chart current expenses. With the help of financial software, begin listing all of your operating expenses. These include items such as:

- Engagement tools—church website, custom mobile app, live streaming
- Ministry & outreach—missions, youth/children ministries, evangelism
- Personnel—salaries, payroll taxes, benefits, insurance

- Facilities—rent or mortgage, maintenance, utilities
- Administrative—office supplies, internet, taxes

2. Track Current Income

Inflows such as dues, tithes, and other contributions that your church receives make up the annual income. Be careful not to count gift offerings and donations as income.

The movement of accepting online donations and using church accounting software has streamlined the process for keeping tabs on your church's income! The best online giving solutions, such as Quickbooks allow easy tracking of finances. They will also allow you to accept and track payments for non-charitable transactions, such as event tickets or merchandise.

3. Forecast Future Income

Historical expenses and contributions can help forecast churches' future income. When making your prediction, pay close attention to patterns in your attendance and giving.

A good financial practice is to err on the side of caution when projecting income. Be realistic with your estimates. You should also encourage your donors to set up recurring gifts through your online giving provider. This allows them to schedule their regular tithes and offerings, giving your church access to more accurate data about future income! ♦

FITNESS IN HOLINESS

*Get it In: Plan
Your Fitness*

by Ambassador Carla Fields

At The Center of my Life is God the father, his Son Jesus Christ, and I always put them first. Let me share my routine, so you can develop your routine and incorporate fitness into your life. I can teach what I don't know or lead where I don't go. With that said, please know that I don't advocate for anything that I am not doing myself. Summer is upon us and a great time to ramp up your fitness routine. With that said, let's look and my routine and see if you can incorporate this into your schedule.

Start each day with Prayer, and Meditation. Let go of stress and things that take you away from reaching your goal. Change your routine often. Exercise with accountability workout partners, and push each other.

When working out, take your time and focus on yourself and areas you need to improve. Meditate a lot, and get in a zone, and avoid interruptions.

Try the Superset, Interset, ... Go Heavy, then light... mix in drills... Steps, Leaps/Jumps, Bike/Spin, Treadmill sprint, with Weight lifting. Hit every body part (Chest, Biceps, Back, Shoulders, Quads, Hams, Glutes, Abs-upper/lower/obliques). Try to work out daily, usually weights and cardio.

You will deserve a day off, so think about what your rest day will be. ♦

SPOTLIGHT: *We See You!*

LIMERICK CONTEST



Recognizing Our Childrens' Creative Writing Gifts

"Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning." James 1:17.

Thank you to all who participated in the limerick contest. Thank you to the judges for your help in choosing the winning limericks. Congratulations to the winner of the limerick contest: Mckenzie Furlow.

Class #4

Limerick by Hannah Jones 9 years old 4th grade

My hair is long and black
It goes down my back
I comb it every day
When I'm bored with it I play
And gets in my mouth when I snack.

Class #2 and 3

Limerick, by McKenzie Furlow 11 years old 6th grade

A little girl brushing her hair,
She cried, "Ouch! I hit a snare! -
Wavy, curly or straight,
My God is great,
Wears and tares of my beautiful hair."

Limerick by Dereon Ward 14 years old 8th grade

my hair is black an curly
my hair is also twirly
my hair is thick
and nappy when i use my pic
when i was born my hair was whirly. ◆

UPCOMING ASSEMBLY

General Assembly Lodging Accommodations

Hotel: Best Western Plus Executive Residency
Nashville

Direct Hotel Number: 1(615)226-4600

Hotel Address: 2401 Brick Church Pike
Nashville, TN 37207

GROUP ID: CLGPGT 2023

REDUCED RATE NOW: \$120 + Tax per night

Check In: Saturday, July 15, 2023

Check Out: Sunday, July 23, 2023

This \$120 per night rate is only available until JUNE 15, 2023. After JUNE 15, 2023 regular room rates will apply.

Amenities Full service breakfast!

[Hotel Link for Further Information](#)



Limerick by Destiny Harris, 14, 8th grade

my hair is thick and curly
some say it's just very girlie
but i wish it was straight
so every comb i use wouldn't break
but at least it's girlie so there's no need to worry

Limerick by Jadé Jones 11 years old 6th grade

My hair is long and sort of red-brown
It cushions my head when I hit the ground
My hair, oh I was born with this
But if you want to know more I've already made a list
It is also thick is what I found

Dwayne Ward, Jr. 17 years old 12th grade

My Curly hair is a blessing that I can't deny,
It's a wild and free expression,
That I'm proud to show off high

A crown I'm blessed to wear,
It's a symbol of my identity,
That I'm proud to share

CARING FOR THE AGING

Part 2: Your Life File

by Reverend Charlotte Lockhart



Death is inevitable for us all. I know that is a cold way to start the discussion on planning, but the reason why we plan is so we are prepared for what will come later. The bible tells us in Hebrews 9:27, "And inasmuch as it is appointed for men to die once and after this comes judgment...". We all have an appointment with death and we must make sure our loved ones are not left scrambling to pay for our funeral or to make decisions about our care if we should suddenly become unable to do so. My mother had a life insurance policy and a do not resuscitate order. If you don't have it planned out, you leave it to your loved ones to make hard decisions and perhaps scramble to pay for your services. Here are a few steps you should take now.

Life File Checklist

Your Data and Documents

- **Create a password list.** Include phone, tablet, computer, email, social media accounts, etc. Consider using password software like LastPass or 1Password, which allows you to pass on your passwords to your heirs.
- **Review your social media accounts** and decide what you'd like to happen with them
- when you die. Every social media platform has different options.
- Document your bank account information, including safe-deposit box locations.
- Document any life insurance policies and beneficiaries, including information on funeral insurance or pre-paid burial plot, if applicable.
- Include your will. Consider updating it if things have changed in your life since you last updated it.
- Make a list of bills with due dates and amounts. Note how statements are received and payments are made. Identify which bills are ongoing and which have an end date.

Your Care

- **Create an advance directive,** a document that articulates your wishes concerning medical treatments at the end of your life and designates an individual—your healthcare agent—to ensure those wishes are honored should you no longer be able to speak for yourself. Make your advance directive specific. Address a variety of different scenarios, e.g. in what situation you would want to receive morphine, when would you not want to be intubated, etc.
- Make copies of your advance directive to provide to your healthcare agent or trusted family/friends.
- Talk to your physician about your advance directive. Explore whether your wishes can be turned into a POLST/MOLST (Physician/Medical Orders for Life-Sustaining Treatment) form in your state.

Your Possessions

- Dispose of any items you own that you wouldn't want your heirs to find, or include instructions about disposing of sensitive items
- Identify the location of any cash you have stored for emergencies and provide instructions on how to use it.
- Draft a "Where to Find..." document identifying the location of important things your heirs might need after your death: the deed to your house, the title and keys to your car, your social security and insurance cards, etc.

Your Legacy

- Write your own obituary. Doing so will give you control over how you are publicly remembered.
- Write down instructions for your final disposition. What do you want to happen to your body when you die?
- Plan for your funeral or remembrance ceremony. Who are your chosen speakers? What music would you like to include? Write down and share your vision.
- Purchase a fireproof home safe and a USB thumb drive to store your Life File.
- Make copies of the Life File's contents and leave them with a trusted friend or family member.

If you follow these steps, your loved ones will have peace and be able to carry out your wishes after you no longer can. ♦

CONTRIBUTING WRITERS AND EDITORS



Noble Mays has a master's degree in Educational Leadership. As an educator she received many awards, but she left her job in the school district of Palm Beach County to open her own business and continue to creatively serve and help children. Faith's Place Center for the Arts started with 12 students and currently has over 100 students enrolled in their program and an ongoing waiting list. The afterschool enrichment program focus on:

- o PIANO
- o VIOLIN
- o MUSICAL THEATER
- o DANCE
- o STEEL DRUMS
- o DRUM LINE
- o ETIQUETTE CLASSES

The program also focuses on the "Five B's":

- o Be Trustworthy
- o Be Respectful
- o Be Responsible
- o Be Fair
- o Be Kind

Faith's Place is an organization that provides educational services to the community. We offer pre-school (VPK), homework assistance, FCAT tutorials and after school arts enrichment programs. We also provide S.T.E.A.M. (science, technology, engineering, arts and mathematics) lessons through Prime Time.

Noble has been a member of the Church of the Living, The Pillar and Ground of the Truth, Inc. all her life.

She is a gifted singer and an ordained reverend. She not only gives to the children in the community, but has been faithful with mentoring, teaching, and guiding children in the church through various programs. She is married to Tarry Mays and together they have three children, Faith, Tarry and Honor.



George Lockhart

Dr. George L. Lockhart was born to George and Gloria (Lewis) Lockhart in Lake Worth, FL. He is the eldest son of the four Lockhart children and is a graduate of John I. Leonard High School in Greenacres, Florida.

Bishop Lockhart received a B.S. Degree in Accounting /Minor in Finance from Tuskegee Institute (University). He received a Masters in Mathematics & Educational Leadership from Nova Southeastern University.

He earned his Doctorate in Instructional Technology Distance Education from Nova Southeastern University.

An educator, Dr. Lockhart has 33 years in the industry and has served as a teacher, athletic head coach, assistant principal, and principal. He was the first Black Head BASEBALL Coach at John I. Leonard HS and reached the Final Four. He is currently the Instructional Supervising Principal within the Department of Charter Schools for the School District for Palm Beach County where he directly oversees 50 charter schools.

He is the author of several books including *Wireless Mobile Devices in Public Education* (2013); (3)57: *A Beginning Teacher Guide for Success*; *Easy Leader: Principal Guide to School Achievement*, and *The Onyx Stones: African-American Male School Administrators Palm Beach County* and several publications and articles in the educational realm.

He is the web designer for several organizations and enjoys fishing. He is married to Kemia (Hudson) Lockhart and they are the proud parents of three children, Alexis, Micaliah, and Jason.



Charlotte Lockhart is resident

Boynton Beach, Florida. She received a Masters of Science degree (MS) in Educational Media from Nova Southeastern University in Fort Lauderdale, Florida. She has been an active member of The Church of the Living God the Pillar and Ground of the Truth Inc. since she married her husband, Anthony, in 1997. She works full-time in the School district of Palm Beach County as a Media Specialist who oversees a library media program and the technology department. Reverend Lockhart also teaches two classes in Media Production. She is also a small business owner of a company called The CC Hyman Company where she services clients all over the United States. In her spare time she loves reading, writing, decorating, cooking and traveling to new places. She is the mother of four, Logan Zion, Lauren Joy, Lanai Grace and Lane Hope.



Anthony R. Lockhart

was born in West Palm Beach, Florida. He earned his bachelor and master's degrees from Jackson State University, and earned his doctoral degree from Barry University.

For over twenty years, Dr. Lockhart has worked in the Palm Beach County School District. No matter the position, guidance counselor, mentor, coach, assistant principal, or principal, he has always worked hard to help colleagues and students reach their full potential. As an educator, Dr. Lockhart has always sought to improve the lives of the students he serves.

He has been a faithful member of this church for as long as he can remember. Anthony is currently an elder and is a member of the Riviera Beach Band where he carries out financial/administrative duties.

CONTRIBUTING WRITERS (CONT.)



Carla Fields is a certified fitness expert with over 31 years of practical and competitive experience that includes successfully owning and operating Carla Fields Fitness, Inc., a full-service fitness establishment, since 1991. Her company offers an array of services to include personal training/wellness, fat loss/muscle gain, aerobics/kickboxing as well as nutrition/meal plans. Dubbed as “The No Nonsense Trainer,” Carla has shared her expertise and transformed the physical well-being of thousands through group training and structured programs for governmental entities, corporations, small businesses and individuals.

A former bodybuilding competitor, Carla has competed nationally and won first place in the Pro Natural Northeast Classic Figure Championship (Atlanta, GA and Worcester, MA), the Coastal USA Body Building Competition, and the Southern Natural Figure Championship, amongst others. Her trailblazing accomplishments have landed her national media coverage in Ebony Magazine. She has also graced the cover of Atlanta Woman, as well as been featured in Natural Bodybuilding & Fitness and The Atlanta Journal-Constitution. Carla’s certifications include Personal Trainer/Fitness Counselor Certification (YMCA), Aerobics & Fitness Association of America (A&F&A), Exercise Physiology (Georgia State University Master’s Program, Atlanta, GA). Additionally, Carla earned her Bachelor’s degree in Business Accounting from Tuskegee University.

She is married to David Fields, and has one child, William Allen Fields III.



Jamandé Amin Jones, MD, MS is an Elder in the Church of the Living God, the Pillar and Ground of the Truth, Inc. (CLGPGT) Born and raised in South New Jersey, he was a member of the Egg Harbor Band of the CLGPGT. After graduating from Absegami High School in 1996, he moved to Durham, NC to attend North Carolina Central University where he received a Bachelor’s and Master’s degree in Chemistry. He has been a member of the CLGPGT mission in Durham, NC since 1996.

In 2006, he was accepted into the Brody School of Medicine at East Carolina University in Greenville, NC. While in medical school, he met and married Geniene Loucas, who continued on to become a Family Physician.

Jamandé received his Doctorate of Allopathic Medicine in 2010 and was accepted into the Pediatric residency program at Vidant Medical Center in Greenville, NC. After completing his Pediatric residency in 2013, he, his wife, and oldest child, Jadé moved to Ahoskie, NC, where both doctors were hired and continue to work for the Roanoke Chowan Community Health Center.

Since moving to Ahoskie, Hannah and Lucas were born into the Jones family. Both Jamandé and Geniene share a love for medical mission work, both foreign and domestic.



Christal Ward is a Florida resident who received a dual Master’s degree in mental health and marriage and family counseling from Webster University in Ocala, Florida. She has been an active member of The Church of the Living God the Pillar and Ground of the Truth Inc. all of her life and is recently a new mom to a beautiful daughter, and wife to her childhood sweetheart Bro. Terry D. Ward who she met at a General Assembly when she was 12 years old. In addition to her formal education she is a licensed mental health counselor and marriage and family therapist. She specializes in treating trauma, addiction, attachment disorders, codependency, and mood and anxiety disorders. She works with individuals, couples, groups, and families struggling with a range of issues and hopes to further her passion and expertise to aid in the healing process of individuals, families, and communities. Christal has worked in residential treatment centers, private practice, community mental health outpatient settings, and intensive outpatient treatment centers. Christal utilizes her training and education to provide a therapeutic experience for clients to grow, heal, and take risks in all areas of their lives.

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